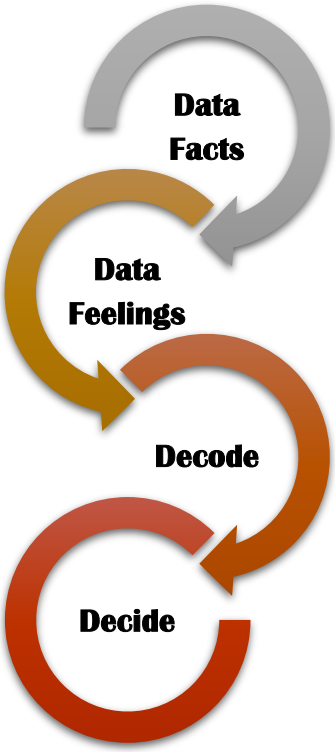
affectus
Transforming Leaders, Shaping Futures



4D Reflection

Stages
4D Reflection is built from the four stages of the process:

- **Data - facts**
- **Data - feelings**
- **Decode - understanding**
- **Decide - commitment**

1D – Data - Facts

Observed facts about the experience – the place, the words, the environment.

2D – Data - Feelings

Personal response about the experience – the emotions, the moods, the hunches.

3D – Decode - Understanding

Making sense of the first and second dimensions – the value, the meaning, the new knowledge about yourself.

4D – Decide - Commitment
From the third dimension determine your actions.